



## **HEARTFULNESS ESSAY EVENT 2021**

Organized by  
HEARTFULNESS EDUCATION TRUST,  
SHRI RAM CHANDRA MISSION  
in collaboration with  
UNESCO MGIEP  
and  
UNITED NATIONS INFORMATION CENTRE FOR INDIA AND BHUTAN

Shri Ram Chandra Mission is a non-profit educational and spiritual service organization. It has been promoting heart-based living through meditation as a means to universal peace and harmony for over 75 years since its inception in 1945. It is one of 1600 NGOs associated with the United Nations Department of Public Information. The All India Essay Writing Event had been the flagship event of Shri Ram Chandra Mission ( SRCM ) for nearly three decades and was organized in partnership with United Nations Information Centre for India and Bhutan ( UNIC ) for several years since 2005 reaching out to over 25,000 institutions in India. The event was renamed as the HEARTFULNESS ESSAY EVENT in 2019 and is being launched globally for the first time this year in collaboration with UNESCO MGIEP ( Mahatma Gandhi Institute of Education for Peace and Sustainable Development ).

The Heartfulness Education Trust (HET) has designed a variety of programs for youth including The Heartfulness Way curriculum for junior school students aimed at developing in them an understanding and acceptance of core human values (as recommended in the report submitted to UNESCO by the International Commission on Education for the Twenty First Century) as also a life skills program called HELP for senior school students. HET also offers programs for University students under its initiative called Heartful Campus. A program for teachers called INSPIRE has also been running for several years. Details of these programs are available on : [www.heartfulness.org/education](http://www.heartfulness.org/education)

### **An Invitation to the Youth**

Youth is a time of great possibilities. It is a period in life filled with opportunities waiting to be realized, provided you are mindful of them and are willing to strive heartfully for your holistic growth. While education helps us to develop our physical and intellectual capabilities to their optimum extent, and prepares us to thrive in a competitive world, there is one aspect of our development that does not often receive the attention due to it – the development of our inner Being. Without the synchronous development of body, mind and heart our evolution as human beings remains incomplete. It is therefore balance, in addition to excellence, that you must strive for - the balance between mind and heart, the outer and the inner, and, between thinking and feeling. Through the Heartfulness Essay Event, we invite you to tap into your inner space, tune in to the soft voice of the heart that never fails to guide and inspire and, express in words your experience related to the theme of this year's Event. We encourage you thus to begin the practice of referring to the heart more and more.

## **Categories for Participants**

Category 1 [ Age 14-18 years ] Word Limit 500

Category 2 [ Age 19-25 years ] Word Limit 750

## **Theme for the Heartfulness Essay Event 2021 for both the Categories**

We have all experienced kindness at some time or the other in our lives. Whether it is an act of kindness towards one's own self, towards others or towards the environment, it touches our heart and is an ennobling act. Narrate a story from your own life experience which reflects kindness to the self or kindness to others or kindness to the environment. The story must bring out how an act by you or someone else whom you know personally relates to one or more of the above themes of kindness.

Stories borrowed from books or the internet will not be considered as valid entries.

## **LANGUAGES OFFERED**

You may write your essay in any **ONE** of the following languages :

**UN official languages** : Arabic, Chinese, English, French, Russian, Spanish  
**Indian languages** : Bengali, Gujarati, Hindi, Kannada, Malayalam, Marathi, Odia, Tamil, Telugu

**To participate in the Event please follow the guidelines below :**

- a. **Please visit our website to submit your entries as a participant through the following link : [hfn.link/essayevent](http://hfn.link/essayevent). There is no charge for participation.**
- b. Please select any **one** of the 15 optional languages to write your essay. If you submit essays in multiple languages you will lose the eligibility to participate.
- c. All entries must be **on A4 size sheets**. Essays may be hand written in black or blue ink or computer typed in relevant prescribed script for each language. The details are available in the " Guidelines for Submission " option on the website.
- d. You will be required to fill a **Participant Information Form** with mandatory and optional fields.
- e. You must conform to the authorized word limit for your category. Please mention the total number of words of your essay after the concluding paragraph.
- f. The **word limit for Category 1 is 500** and **Category 2 is 750** and must be strictly adhered to.
- g. Submitted entries must not bear any appeals, illustrations or slogans.
- h. You have the option to carry out research on the theme as it is not an on- the- spot competition. However, all submitted stories must necessarily be **your original work** and references or quotations therein must be duly acknowledged. Plagiarism from books or internet will be viewed unfavorably.

- i. The evaluation of all submitted entries will be carried out by a jury for each of the languages on the basis of the following criterion :
  1. Theme introduction / interpretation : Weight 10%
  2. Structure and flow : Weight 10%
  3. Language : Weight 10 %
  4. Originality : Weight 20%
  5. Relevance to the theme : Weight 40%
  6. Research/attention to details : Weight 5 %
  7. Conclusion : Weight 5 %
- j. To fulfill the purpose of this Event, the **story must reflect your personal experience or be based on the experience of one of your close relatives, friends or associates which in some way also impacted or touched you.** Stories based entirely on a narrative copied from books or internet will not be considered for recognition.
- k. All awards will be subject to the sole discretion of the jury and their decision will be final.
- l. The intent of the information provided in the English version of the Information Leaflet and flyer shall prevail over all other translated versions.

**Entries must be submitted by participants only on our website in the prescribed format by the given last date. Essays received through email or post will not be considered.**

**For clarifications or any other help please write to us at: [essayevent@heartfulness.org](mailto:essayevent@heartfulness.org)**

### **Awards and recognitions**

**A Winner and a Runner- up** in each of the 15 authorized languages in both the categories.  
 Winner Prize : 400 USD or equivalent, Runner-up Prize : 300 USD or equivalent

**Certificates with Rank** : Essays ranked from third to the tenth position in each of the 15 languages and both categories will be awarded mementos and certificates stating the rank.

**Merit Certificates:** An E- Merit Certificate will be awarded to the 10% entries shortlisted by the jury for the final round of selection in each of the 15 languages for both the categories.

**Certificate of Participation** : E-certificates will be awarded to all participants who fulfill the participation criterion as per the guidelines.

Some participants may be required to undertake an interview by the jury on telephone or a video call as a final round of selection for the top awards. The jury will have the discretion to accept or disqualify any of the submitted essays and their decision will be final.

**The certificates awarded will be signed by the President SRCM, the Director UNESCO, MGIEP and the Director, UNIC for India and Bhutan.**

### **Important Dates**

Option for submission of entries online will open on	<b>: August 12,2021</b>
Last date for submission of entries	<b>: November 30,2021</b>
Declaration of winners	<b>: January 17, 2022</b>